



October 2003

Is Children's Health Month

www.childrenshealth.gov

SundayMondayTuesdayWednesdayThursdayFridaySaturday						
<div><input checked="" type="checkbox"/> How many tips can you follow in 31 days?</div> <div>Check each one you complete!</div>						
			1	2	3	4
			<div>Reduce the Risk of Sudden Infant Death Syndrome (SIDS) Place babies on their backs at night and nap-time. Remind childcare providers, grandparents, baby sitters, siblings, and caregivers. For information call 1-800-505-CRIB.</div>	<div>Keep Infants Safe While Sleeping Ensure your baby's crib meets current safety standards and has a firm, tight-fitting mattress and bottom sheet. Remove soft bedding like pillows, thick quilts, and comforters. For information call 1-800-638-2772.</div>	<div>Immunize Children Make sure infants and children follow a regular immunization schedule. For information call 1-800-232-2522.</div>	<div>Keep Children Safe in the Car Make sure kids 12 and under sit in the back seat. Secure children who are shorter than 4'9" in a booster seat with a lap-shoulder belt. Place infants and toddlers securely in properly installed car seats.</div>
5	6	7	8	9	10	11
<div>Protect Children from Too Much Sun Wear hats, sunglasses, and protective clothing. Use sunscreen with SPF 15+ on kids over six months and keep infants out of direct sunlight.</div>	<div>Child Health Day For healthier children and youth, make time for regular physical activity and provide healthy foods that include 5-9 servings of fruits and vegetables daily. For information, visit www.healthierus.gov.</div>	<div>Be Prepared, Stay Informed Prepare for emergencies. Assemble an emergency supply kit and develop a family communication plan. Know your child's school emergency plan. For information call 1-800-BE-READY.</div>	<div>International Walk to School Day Encourage physical fitness, and reduce traffic and air pollution. Walk, bicycle, carpool, and ride school buses to get to school safely. Cross streets only at crosswalks and intersections.</div>	<div>Keep Communication Lines Open Talk with your children daily. Know what is going on in their lives. Teach them the dangers of smoking, drugs, and alcohol. Remember, children become sad too. Intervene when sadness is prolonged. For information call 1-800-789-2647.</div>	<div>Give Children a Healthy Start Breastfeed at least four to six months after birth, and ideally through the first year of life, to benefit your baby's growth, immunity, and development. For information call 1-800-994-9662.</div>	<div>Keep Children Safe on Bikes, Scooters, Skates, and Skateboards Always wear a bicycle helmet (adults, too), even when riding in your own neighborhood. With scooters, skates and skateboards wear a helmet, knee and elbow pads. For information call 1-800-638-2772.</div>
12	13	14	15	16	17	18
<div>Keep Children Safe in the Bath Always keep your child within arm's reach in the bath. Never leave a baby or young child alone or in the care of another child in the bath, even for a moment. For information call 1-800-638-2772.</div>	<div>National School Lunch Week October 13-17 Enjoy school lunch with your kids. A nutritious lunch for kids and teens includes calcium to build strong bones and teeth. For information call 1-800-370-2943.</div>	<div>Promote a Safe and Healthy Diet Wash fruits and vegetables under running tap water before eating and peel them whenever possible to reduce dirt, bacteria, and pesticides. Trim fat from meat and skin from poultry and fish.</div>	<div>Protect Children from Contaminated Fish Eat a balanced diet including fish but avoid fish with high levels of mercury. Be aware of local fish advisories.</div>	<div>Keep Pesticides Away from Children Read product labels and follow directions. Store pesticides and other chemicals out of kids' reach and never store them in containers that kids can mistake for food or drink. For information call 1-800-858-7378.</div>	<div>Prevent Poisoning Use products with child-resistant packaging and re-secure after each use. To get help for anyone exposed to poison or for poison prevention information, call 1-800-222-1222 to reach the poison center serving your area.</div>	<div>Plan for Emergencies Keep an emergency list of health care providers, fire and ambulance service numbers next to every phone. For information call 1-888-ASK-HRSA.</div>
19	20	21	22	23	24	25
<div>National Lead Poisoning Prevention Week October 19-25 Have your kids tested for lead by their health care provider or your local health department. If your home was built before 1978, test it for lead paint hazards. For information call 1-800-424-LEAD.</div>	<div>Protect Children from Lead Poisoning To temporarily reduce lead hazards, wash floors and windowsills to protect kids from dust and peeling lead-based paint. For information call 1-800-424-LEAD.</div>	<div>Help Children Breathe Easier Don't smoke or let others smoke in your home or car. Pledge to keep your home smoke free. For information call 1-800-513-1157.</div>	<div>Reduce Asthma Attacks Keep homes, schools, and child care centers clean. Use dustproof, zippered bedding covers, keep pets away from sensitive children, reduce mold-inducing moisture, and prevent cockroach infestation. For information call 1-866-NO-ATTACKS.</div>	<div>Protect Children from Lead Poisoning To permanently remove lead hazards, use a certified lead abatement professional. Don't remove lead-based paint yourself. Call 1-888-LEAD-LIST for certified inspectors and workers in your area.</div>	<div>Safeguard Children from Radon Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher. For information call your state radon office or 1-800-SOS-RADON.</div>	<div>Help Children Breathe Easier Limit outdoor activity on ozone alert days when air pollution is especially harmful. Limit motor vehicle idling. Combine errands to reduce pollution.</div>
26	27	28	29	30	31	
<div>Protect Yourself Against Fire Install smoke alarms on all levels of your home and near all sleeping areas. Change the battery in smoke (and carbon monoxide) alarms every 6 months. Keep children away from matches and lighters. For information call 1-800-638-2772.</div>	<div>Protect Children from Carbon Monoxide Poisoning Have a professional check fuel-burning appliances, furnace flues, and chimneys yearly. Never use gas ovens or burners as heaters. Never use barbecues or grills indoors, and don't run generators, cars or mowers in the garage. For information call 1-800-638-2772.</div>	<div>Protect Children from Carbon Monoxide Poisoning Never use non-vented gas or kerosene space heaters in closed rooms or in rooms where you sleep. Install carbon monoxide alarms that meet current standards in your home. For information call 1-800-638-2772.</div>	<div>Keep Children and Mercury Apart Replace mercury thermometers with digital ones. Don't let kids handle or play with mercury or devices containing mercury.</div>	<div>Promote Good Handwashing Wash your hands with soap and water for at least 20 seconds (sing Happy Birthday twice) after using the bathroom, changing diapers, playing with pets, and before eating or handling food.</div>	<div>Keep Children Safe on Halloween Trick-or-treat with your child and carry a flashlight. Buy flame-resistant Halloween costumes instead of using loose-fitting cotton costumes. For information call 1-800-638-2772.</div>	<div><p>CHILDREN'S HEALTH MONTH</p><p>Discover the Rewards!</p></div>



The President's Task Force on Environmental Health Risks and Safety Risks to Children Celebrates Children's Health Month



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